

**WHAT IS CLAIMED IS:**

1. An apparatus for so-called slot-in exercise in a workplace environment, or for warming-up before exercising sports or games and comprising a resistance device (2)  
5 disposed to exercise resistance to a movement to which it is subjected by a user, the resistance device (2) having a gripping member (4) by means of which it is activated by the user, **characterised by** a spacer (1) of a predetermined length at least during use, the resistance device (2) being connected to the spacer (1) and an abutment (3) which is disposed on the spacer (1) and which is disposed to be brought into contact with the user for transfer thereto  
10 of at least a part of the reaction forces that are transferred to the spacer (1) from the resistance device (2).
2. The apparatus as claimed in Claim 1, characterised in that the spacer (1) has a first end region and a second end region in which the abutment (3) is disposed, and that the resistance  
15 device (2) has an anchorage point in the spacer (1) which is movable along the spacer from the first end region at least a part of the length of the spacer towards the second end region.
3. The apparatus as claimed in Claim 1 or 2, **characterised in that** the predetermined length of the spacer (1) is substantially constant and independent of the force to which it is  
20 subjected by the resistance device (2).
4. The apparatus as claimed in any of Claims 1 to 3, **characterised in that** the predetermined length of the spacer (1) is greater than the length of the resistance device (2) when this is in the unloaded state.  
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5. The apparatus as claimed in any of Claims 1 to 4, **characterised in that** the abutment (3) is in the form of a plate.
6. The apparatus as claimed in Claim 5, **characterised in that** the plate has a padding  
30 (19) on that side which is intended for abutment against the user.
7. The apparatus as claimed in any of Claims 1 to 6, **characterised in that** the resistance device (2) includes an elastic, stretchable element.

8. The apparatus as claimed in any of Claims 1 to 6, **characterised in that** the resistance device (2) includes a weight loading.

5 9. The apparatus as claimed in any of Claims 1 to 6, **characterised in that** the resistance device (2) includes a brake member.

10 10. The apparatus as claimed in any of Claims 1 to 9, **characterised in that** the resistance device (2) is a double device with two equal branches, each branch having a gripping member (4).

11. The apparatus as claimed in any of Claims 1 to 10, **characterised in that** the spacer (1) is connected to a support member (6) which is disposed to keep the spacer (1) in a position suitable for exercise.

15 12. The apparatus as claimed in Claim 11, **characterised in that** the support member (6) has a bottom portion (7) which is disposed for placing on a substrate, preferably a floor, and which is positioned in relation to the spacer (1) so that, when the user stands on the bottom portion (7), the spacer (1) is in a position suitable for exercise.

20 13. The apparatus as claimed in Claim 11 or 12, **characterised in that** the support member (6) or the spacer (1) includes an anchorage (13) for securing in a wall (14).

25 14. The apparatus as claimed in any of Claims 1 to 13, **characterised in that** the spacer (1) is designed as a bar.

15. The apparatus as claimed in any of Claims 1 to 9, **characterised in that** the spacer (1) has anchorages (18, 20) for securing on an item of furniture, preferably a table top (17).

30 16. The apparatus as claimed in any of Claims 1 to 9, **characterised in that** the spacer (1) is an item of furniture or a part thereof, in particular a table top (17).

17. The apparatus as claimed in any of Claims 11 to 16, **characterised in that** the support member (6) is an item of furniture.

18. The apparatus as claimed in any of Claims 1 to 9, **characterised in that** the spacer 1 has anchorages for securing on a mobile unit.

19. The apparatus as claimed in Claim 18, **characterised in that** the mobile unit is a  
5 cleaning trolley, a golf bag or a golf cart.

20. The apparatus as claimed in any of the preceding Claims, **characterised in that** a  
number of sensors for sensing exercise parameters, such as protraction length/-force/-speed of  
the abutment (3), times for and duration of exercise, selected settings of the apparatus etc.,  
10 and for storage thereof in a computer.